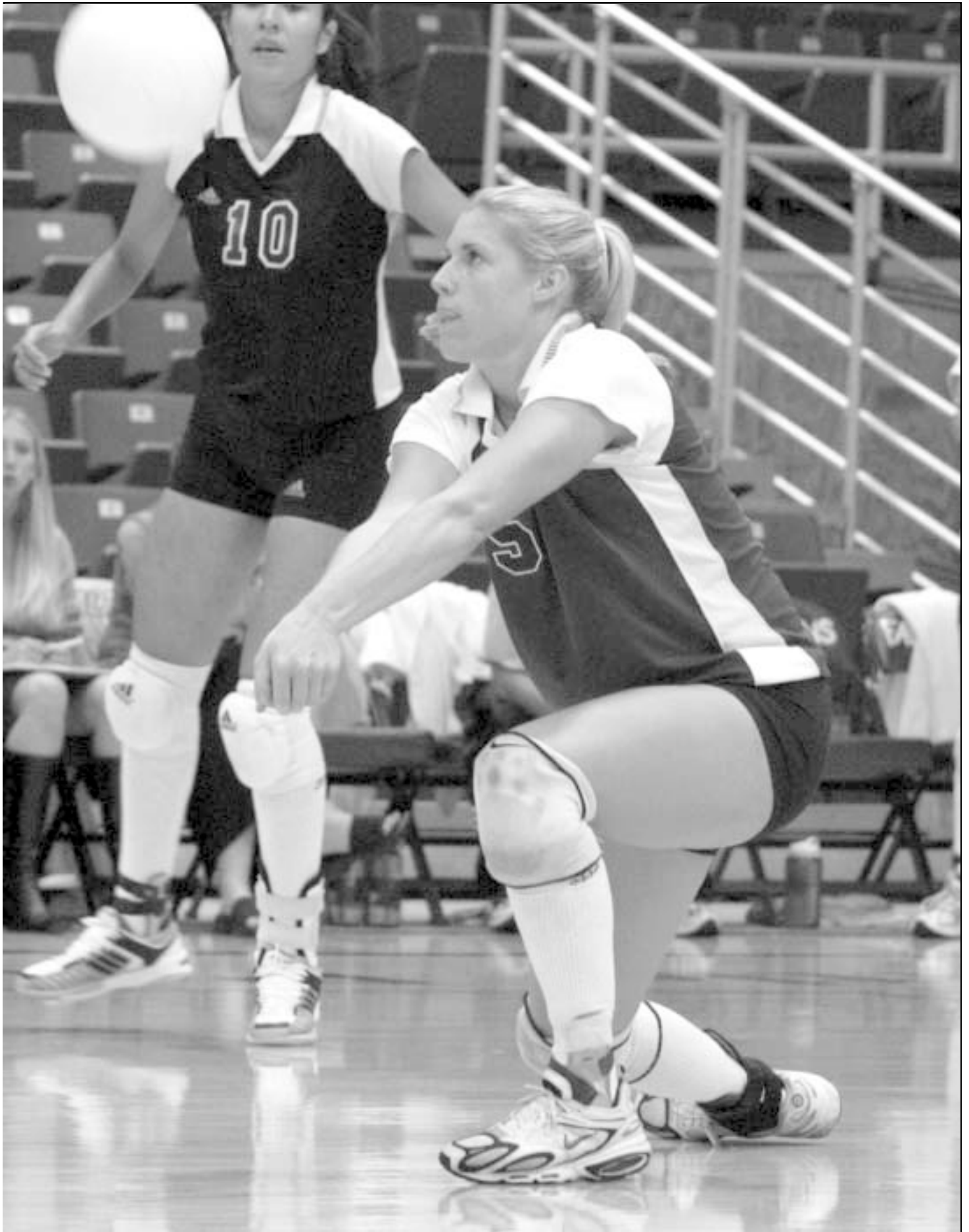


2003 SEASON REVIEW



2003 RESULTS

2003 Season Results

<i>Date</i>	<i>Opponent</i>	<i>Site</i>	<i>W/L</i>	<i>Rec.</i>	<i>GNAC</i>	<i>Scores</i>
Aug. 29	Western New Mexico#	N	W	1-0		30-22, 13-30, 30-23, 31-29
	at Grand Canyon#	A	W	2-0		30-24, 28-30, 22-30, 30-20, 15-8
Aug. 30	Westmont#	H	W	3-0		30-24,30-25,24-30,30-25
	Western New Mexico#	N	W	4-0		31-29,30-28,30-19
Sept. 5	UC DAVIS+	H	W	5-0		24-30,30-22,30-19,30-26
Sept. 6	CAL STATE DOMINGUEZ HILLS+	H	W	6-0		30-17,30-19,30-13
	CAL STATE STANISLAUS+	H	W	7-0		28-30,30-28,30-27,30-28
Sept. 12	at Alaska Anchorage*	A	L	7-1	0-1	30-28,25-30,20-30,30-28,10-15
Sept. 13	at Alaska Fairbanks*	A	L	7-2	0-2	30-24,26-30,28-30,21-30
Sept. 19	WESTERN OREGON*	H	W	8-2	1-2	34-32,27-30,30-22,30-20
Sept. 20	HUMBOLDT STATE*	H	W	9-2	2-2	30-23,23-30,30-28,30-26
Sept. 25	at Seattle University*	A	L	9-3	2-3	24-30,30-27,22-30,25-30
Sept. 27	at Northwest Nazarene*	A	L	9-4	2-4	34-36,28-30,22-30
Oct. 3	CENTRAL WASHINGTON*	H	W	10-4	3-4	24-30,28-30,30-28,30-18,15-12
Oct. 4	SAINT MARTIN'S*	H	W	11-4	4-4	25-30,30-25,30-32,30-22,15-10
Oct. 11	at Western Washington*	A	L	11-5	4-5	25-30,17-30,22-30
Oct. 16	at Humboldt State*	A	W	12-5	5-5	23-30,27-30,30-24,30-24,16-14
Oct. 18	at Western Oregon*	A	L	12-6	5-6	20-30,30-27,23-30,26-30
Oct. 24	NORTHWEST NAZARENE*	H	W	13-6	6-6	30-21,30-21,17-30,30-23
Oct. 25	SEATTLE UNIVERSITY*	H	L	13-7	6-7	21-30,21-30,30-28,28-30
Oct. 30	at Saint Martin's*	A	W	14-7	7-7	30-28,30-22,34-32
Nov. 1	at Central Washington*	A	L	14-8	7-8	22-30,22-30,30-26,25-30
Nov. 8	WESTERN WASHINGTON*	H	L	14-9	7-9	26-30,21-30,21-30
Nov. 14	ALASKA FAIRBANKS*	H	W	15-9	8-9	28-30,30-27,30-27,27-30,15-13
Nov. 15	ALASKA ANCHORAGE*	H	L	15-10	8-10	31-29,25-30,25-30,26-30

Canyon Court Classic, Phoenix, Az.

+ SPU/Comfort Suites Classic, Brougham Pavilion

*Great Northwest Athletic Conference matches

SPU 2003 Record When...

Winning first game	9-3	Playing at home	9-3
Winning first two games	5-0	Playing away	3-7
Splitting first two games	8-5	Playing at neutral site	3-0
Losing first game	6-7		
Losing first two games	2-5		
Leading 2-1	7-0		
Trailing 2-1	4-7		
Playing 5-game matches	5-1		

2003 STANDINGS

2003 Great Northwest Athletic Conference Standings

	<i>Conf</i>		<i>All Matches</i>	
	<i>W</i>	<i>L</i>	<i>W</i>	<i>L</i>
Western Washington	18	0	24	2
Seattle University	13	5	17	9
Central Washington	12	6	13	13
Alaska Anchorage	10	8	16	10
Alaska Fairbanks	10	8	13	10
Northwest Nazarene	9	9	12	16
Seattle Pacific	8	10	15	10
Western Oregon	4	14	9	18
Saint Martin's	3	15	8	21
Humboldt State	3	15	5	21

2003 All-Conference Team

<i>First Team</i>	<i>Position</i>	<i>Yr.</i>	<i>School</i>
Mallory Bergstrom	Outside Hitter	Jr.	Alaska Fairbanks
Meghan Evoy	Middle Blocker	Jr.	Western Washington
Lizzy Safranski	Middle Hitter	Jr.	Seattle University
Kristy Carstensen	Middle Hitter	Jr.	Western Washington
LeAnne McGahuey	Middle Hitter	So.	Central Washington
Liz Bishop	Setter	Sr.	Western Washington
Kate Reome	Setter	Jr.	Central Washington
Nicola Parker	Libero	Sr.	Western Washington

<i>Second Team</i>	<i>Position</i>	<i>Yr.</i>	<i>School</i>
O'Lita McWilliams	Outside Hitter	Sr.	Alaska Anchorage
Mindy Cason	Outside Hitter	So.	Alaska Anchorage
Crystal Ames	Outside Hitter	So.	Central Washington
Gita Burke	Middle Hitter	Sr.	Central Washington
Erika Brunson	Setter	Jr.	Seattle University
Mindy Swanson	Setter	Sr.	Northwest Nazarene
Tiffany Mapston	Libero	Jr.	Western Oregon

Coch of the Year: Diane Flick, Western Washington

Player of the Year: Liz Bishop, Western Washington

Newcomer of the Year: Crystal Ames, Central Washington

Freshman of the Year: Danielle Hitzeman, Alaska Fairbanks

CONFERENCE STATISTICS

Great Northwest Conference Statistics All Matches

Hitting Percentage	<i>Gm</i>	<i>K</i>	<i>E</i>	<i>Att</i>	<i>Pct</i>
Meghan Evoy, WWU	88	322	59	792	.332
LeAnne McGahuey, CWU	104	344	102	779	.311
Gita Burke, CWU	104	289	89	647	.309
Mindy Swanson, NNU	111	223	69	511	.301
Mindy Cason, UAA	110	454	167	1066	.269
Carlin Smith, UAF	72	149	55	353	.266
Katrina Ozrelc, UAA	92	219	88	511	.256
Katie Ralph, SPU	97	227	78	585	.255
Janeen Fitzgerald, SU	96	168	58	433	.254
Christy Hurley, SMC	110	251	91	649	.247

Kills Average	<i>Gm</i>	<i>Kill</i>	<i>Avg</i>
Mallory Bergstrom, UAF	90	425	4.72
Megan Kaysinger, SU	70	290	4.14
Mindy Cason, UAA	110	454	4.13
Sarah Sommerman, SU	77	309	4.01
Kristy Carstensen, WWU	88	338	3.84
O'Lita McWilliams, UAA	110	407	3.70
Meghan Evoy, WWU	88	322	3.66
Jessica Murray, HSU	94	338	3.60
Jessica Bauder, SPU	97	347	3.58
Lindsay Miller, NNU	111	393	3.54

Assists Average	<i>Gm</i>	<i>Ast</i>	<i>Avg</i>
Liz Bishop, WWU	85	1151	13.54
Kasey Kuelper, UAA	110	1350	12.27
Erika Brunson, SU	93	1139	12.25
Kate Reome, CWU	97	1180	12.16
Mindy Swanson, NNU	111	1125	10.14
Lissa Danielson, HSU	77	722	9.38
Jessica Clemons, UAF	86	803	9.34
Jenna Von Moos, SPU	62	546	8.81
Katy Higgins, SPU	64	510	7.97
Lisa Hall, SMC	109	840	7.71

Aces Average	<i>Gm</i>	<i>Aces</i>	<i>Avg</i>
Erika Brunson, SU	93	52	0.56
O'Lita McWilliams, UAA	110	59	0.54
Jessica Bauder, SPU	97	52	0.54
Tonya Fedrick, HSU	74	34	0.46
Danielle Hitzeman, UAF	90	37	0.41
Kristy Carstensen, WWU	88	34	0.39
Kim Tower, WOU	81	30	0.37
Vescinda Alvord, HSU	99	35	0.35
Starr Burgan, UAA	94	33	0.35
Emily Wofford, SMC	110	38	0.35

Digs Average	<i>Gm</i>	<i>Digs</i>	<i>Avg</i>
Nicola Parker, WWU	88	542	6.16
Tiffany Mapston, WOU	96	466	4.85
Maggie Safranski, SU	98	464	4.73
Kirsten Bautista, SMC	110	513	4.66
Kandis Benton, HSU	94	427	4.54
Brianna Murray, WWU	87	375	4.31
Mallory Bergstrom, UAF	90	360	4.00
Jacque Buchanan, SMC	110	422	3.84
Lauren Kreiger, SMC	86	326	3.79
Laryssa Mereszczak, NNU	110	415	3.77

Blocks Average	<i>Gm</i>	<i>Blks</i>	<i>Avg</i>
Alicia Denny, SMC	70	91	1.30
Laura Berdahl, WOU	95	112	1.18
Kristy Carstensen, WWU	88	99	1.12
Ka'ala Hanson, NNU	111	112	1.01
Katie Ralph, SPU	97	93	0.96
Shannon Burmeister, WOU	66	63	0.95
Christy Hurley, SMC	110	104	0.95
Carlin Smith, UAF	72	68	0.94
Lizzy Safranski, SU	93	87	0.94
Emily Wofford, SMC	110	101	0.92
Candice Smith, UAF	89	81	0.91

<i>Team</i>	<i>Hit avg</i>	<i>Kill avg</i>	<i>Ast avg</i>	<i>Ace avg</i>	<i>Dig avg</i>	<i>Blk avg</i>
Alaska Anchorage	.224	15.83	14.35	1.88	17.47	1.89
Opponents	.197					
Alaska Fairbanks	.213	14.84	12.97	1.59	16.92	2.58
Opponents	.189					
Central Washington	.209	14.61	13.34	1.20	17.29	1.81
Opponents	.211					
Humboldt State	.144	13.70	12.38	2.06	17.45	1.55
Opponents	.235					
Northwest Nazarene	.208	14.14	12.77	1.23	16.71	2.02
Opponents	.218					
Saint Martin's	.142	12.69	11.53	1.50	19.41	2.19
Opponents	.178					
Seattle Pacific	.178	13.89	12.31	1.89	19.06	2.06
Opponents	.170					
Western Oregon	.152	14.12	12.66	1.52	18.30	2.35
Opponents	.182					
Western Washington	.238	16.65	15.15	1.77	21.51	2.03
Opponents	.130					

CONFERENCE STATISTICS

Great Northwest Conference Statistics Conference Matches

Hitting Percentage

	<i>Gm</i>	<i>K</i>	<i>E</i>	<i>Att</i>	<i>Pct</i>
Gita Burke, CWU	73	227	60	486	.344
Meghan Evoy, WWU	60	227	43	552	.333
LeAnne McGahuey, CWU	73	267	72	590	.331
Mindy Swanson, NNU	70	146	43	345	.299
Janeen Fitzgerald, SU	67	131	43	307	.287
Christy Hurley, SMC	66	184	59	451	.277
Mindy Cason, UAA	110	454	167	1066	.269
Ka'ala Hanson, NNU	70	201	75	486	.259
Mallory Bergstrom, UAF	71	347	114	916	.254
Lilly Carreon, NNU	70	177	53	490	.253
Carlin Smith, UAF	53	108	42	264	.250

Kills Average

	<i>Gm</i>	<i>Kill</i>	<i>Avg</i>
Mallory Bergstrom, UAF	71	347	4.89
Megan Kaysinger, SU	63	263	4.17
Mindy Cason, UAA	77	318	4.13
Sarah Sommerman, SU	48	191	3.98
Kristy Carstensen, WWU	60	229	3.82
Meghan Evoy, WWU	60	227	3.78
O'Lita McWilliams, UAA	77	288	3.74
Jessica Murray, HSU	72	268	3.72
LeAnne McGahuey, CWU	73	267	3.66
Lindsay Miller, NNU	70	254	3.63

Assists Average

	<i>Gm</i>	<i>Ast</i>	<i>Avg</i>
Liz Bishop, WWU	58	790	13.62
Kate Reome, CWU	67	872	13.01
Erika Brunson, SU	62	782	12.61
Kasey Kuelper, UAA	77	965	12.53
Mindy Swanson, NNU	70	748	10.69
Lissa Danielson, HSU	66	674	10.21
Lisa Hall, SMC	66	602	9.12
Jessica Clemons, UAF	67	589	8.79
Katy Higgins, SPU	53	417	7.87
Amy Tyler, WOU	65	395	6.08

Aces Average

	<i>Gm</i>	<i>Aces</i>	<i>Avg</i>
Jessica Bauder, SPU	71	42	0.59
Erika Brunson, SU	62	33	0.53
Kristy Carstensen, WWU	60	30	0.50
O'Lita McWilliams, UAA	77	37	0.48
Emily Wofford, SMC	66	29	0.44
Samantha Krier, HSU	53	22	0.42
Danielle Hitzeman, UAF	71	27	0.38
Starr Burgan, UAA	62	23	0.37
Kim Tower, WOU	49	18	0.37
Chelsey Myers, SPU	70	22	0.31

Digs Average

	<i>Gm</i>	<i>Digs</i>	<i>Avg</i>
Nicola Parker, WWU	60	400	6.67
Tiffany Mapston, WOU	64	312	4.88
Kandis Benton, HSU	72	351	4.88
Maggie Safranski, SU	67	309	4.61
Kirsten Bautista, SMC	66	288	4.36
Brianna Murray, WWU	59	256	4.34
Erika Brunson, SU	62	265	4.27
Mallory Bergstrom, UAF	71	298	4.20
Laryssa Mereszcak, NNU	69	279	4.04
Jessica Scott, CWU	72	288	4.00

Blocks Average

	<i>Gm</i>	<i>Blks</i>	<i>Avg</i>
Laura Berdahl, WOU	59	71	1.20
Kristy Carstensen, WWU	60	71	1.18
Carlin Smith, UAF	53	60	1.13
Ka'ala Hanson, NNU	70	75	1.07
Lizzy Safranski, SU	62	62	1.00
Katie Ralph, SPU	73	70	0.96
LeAnne McGahuey, CWU	73	70	0.96
Shannon Burmeister, WOU	66	63	0.95
Candice Smith, UAF	70	66	0.94
Katina Ozrelic, UAA	70	63	0.90
Christy Hurley, SMC	66	57	0.86

<i>Team</i>	<i>Hit avg</i>	<i>Kill avg</i>	<i>Ast avg</i>	<i>Ace avg</i>	<i>Dig avg</i>	<i>Blk avg</i>
Alaska Anchorage Opponents	.207	15.84	14.52	1.77	17.64	1.95
Alaska Fairbanks Opponents	.210	15.14	13.37	1.54	18.24	2.77
Central Washington Opponents	.229	15.64	14.22	1.22	18.40	1.90
Humboldt State Opponents	.148	14.11	12.79	1.75	17.85	1.47
Northwest Nazarene Opponents	.220	14.64	13.07	1.19	17.60	2.21
Saint Martin's Opponents	.147	12.83	11.55	1.61	18.26	1.91
Seattle Pacific Opponents	.155	13.74	12.22	1.78	18.81	1.99
Western Oregon Opponents	.145	13.97	12.46	1.48	18.54	2.10
Western Washington Opponents	.246	16.97	15.42	1.93	22.03	2.08

CONFERENCE & NCAA TOURNAMENT

PacWest Champions

1982	Northern Colorado
1983	Air Force
1984	Air Force
1985	Regis
1986	Regis
1987	Northern Colorado
1988	Regis
1989	Metropolitan State
1990	Alaska Anchorage
1991	Grand Canyon
1992	Alaska Anchorage Grand Canyon
1993	Grand Canyon
1994	Hawaii Hilo Portland State
1995	Portland State
1996	Chaminade
1997	Hawaii Hilo
1998	BYU Hawaii
1999	Hawaii Pacific
2000	Seattle Pacific

GNAC Champions

2001	Western Washington
2002	Western Washington
2003	Western Washington

NCAA Champions

1981	Sacramento State
1982	UC Riverside
1983	Cal State Northridge
1984	Portland State
1985	Portland State
1986	UC Riverside
1987	Cal State Northridge
1988	Portland State
1989	Cal State Bakersfield
1990	West Texas State
1991	West Texas State
1992	Portland State
1993	Northern Michigan
1994	Northern Michigan
1995	Barry
1996	Nebraska Omaha
1997	West Texas A&M
1998	Hawaii Pacific
1999	BYU Hawaii
2000	Hawaii Pacific
2001	Barry University
2002	BYU Hawaii
2003	North Alabama

Great Northwest Athletic Conference History

The Great Northwest Athletic Conference may be new in name but it soon promises to hold a prominent position within the NCAA Division II arena. Formed in September of 2000 and entering its fourth season of championship play in 2004, the GNAC is comprised of 10 members in five western states.

Three of the members—Alaska Anchorage, Alaska Fairbanks and Seattle Pacific—were charter members of the old Great Northwest Conference for men's basketball in 1982. The GNC merged with the women's Continental Divide Conference to form the Pacific West Conference in 1992. All 10 GNAC members competed in the PacWest through the 2000-01 season.

Alaska Anchorage, Alaska Fairbanks, Humboldt State and Seattle Pacific are longtime Division II members. Humboldt State, formerly of the Northern California Athletic Conference, joined the PacWest in 1998 along with former NAIA programs Central Washington, Saint Martin's, Western Oregon and Western Washington. Northwest Nazarene and Seattle U. came aboard in 1999.

The multi-sport conference sponsors championship play in 12 sports: baseball, men's and women's basketball, men's and women's cross country, football, men's and women's soccer, softball, men's and women's track & field and women's volleyball. Men's basketball, women's basketball and women's volleyball feature full 10-team fields.

NCAA Division II Championships

The NCAA Division II Championship tournament was initiated in 1981 with 10 teams participating in the inaugural competition. The field was expanded from 28 to 32 teams in 1997, to 48 in 2000 and will grow to 64 teams in 2004, with each of the eight regions receiving eight berths.

Regional realignment in 1999 moved Seattle Pacific and the rest of the Great Northwest Athletic Conference from the Northwest into the new Pacific Region. The extremely strong (six past NCAA champions) California Collegiate Athletic Association and Pacific West Conference comprise the balance of the region.

Each of the eight NCAA regionals will feature four teams playing in the first round, with the top two seeds receiving byes through to the semifinals. Regional competition is single-elimination, best-of-five matches. The winners of the eight regionals will advance to the finals, which also will be at an on-campus site.

GNAC teams have regularly received playoff bids. While members of the PacWest, two teams—Alaska Anchorage (1989-90) and Seattle Pacific (2000)—received regional berths. The Falcons qualified again in 2001 as members of the GNAC.